



Promoted for and on behalf of Cycling Time Trials
under their rules and regulations



Tuesday June 6th 2016 Course: R10/16A
Celtic Series Round 4 of 7

Event Headquarters: The Clubhouse
Brooklands Terrace
Cwmcaern
Caerphilly
NP11 7EA

Event Secretary: Anthony Carpenter
15 North Road
Pontywaun
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NP11 7FZ
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Timekeepers: Mr Leonard Alphonse Samuel (start)
Mr Robin Field (finish)



Num	Start	Name	Club	Cat	LTS	Time
21	19:21:00	Ryan McFlynn	Cwmcarn Paragon Cycling Club	S	00:21:52	
22	19:22:00	Marc Geary	Cwmcarn Paragon Cycling Club	V	00:23:30	
23	19:23:00	Simon Jones	Cwmcarn Paragon Cycling Club	S	00:00	
24	19:24:00	Jon Vickery	Cwmcarn Paragon Cycling Club	V	00:23:03	
25	19:25:00	Michael Portlock	Merthyr CC	V	00:21:03	
26	19:26:00	Stephanie Post	VeloSistas TT Team	SW	00:22:17	
27	19:27:00	Gethin Davies-Jones	Union Cycliste Ystrad Mynach	V	00:25:53	
28	19:28:00	Russell Boon	Avonlea/Treasure RT	V	00:24:36	
29	19:29:00	Matthew Gardner	Cwmcarn Paragon Cycling Club	J		
30	19:30:00	Carwyn Davies	Cwmcarn Paragon Cycling Club	S	00:20:36	
31	19:31:00	Chris Fishbourne	Abercynon Road Club	V	00:21:55	
32	19:32:00	Rob Sanderson	Cardiff Ajax CC	S	00:22:35	
33	19:33:00	Brad Davies	Bynea Cycling Club	V	00:23:39	
34	19:34:00	Mark Hillier	Port Talbot Whs CC	V	00:00	
35	19:35:00	Andy Davies	Cardiff Jif	S	00:21:00	
36	19:36:00	Paul Durrant	Pontypool Road Cycling Club	V	00:22:15	
37	19:37:00	Jeffrey Rees	Acme Whs (Rhondda) CC	V	00:23:00	
38	19:38:00	Michelle Fishbourne	Abercynon Road Club	VW	00:24:28	
39	19:39:00	Peter Rogers	Team Tor 2000 (Kalas)	V		
40	19:40:00	Graeme Boswell	Cardiff Ajax CC	V	00:20:25	
41	19:41:00	Nathan Leaves	NFTO Race Club	Esp	00:21:33	
42	19:42:00	Thomas Dye	Cardiff Ajax CC	S	00:22:34	
43	19:43:00	Terry Anthony	Ogmore Valley Wheelers CC	V	00:23:12	
44	19:44:00	Tom Pettingale	University of Bath Cycling Club	S	00:24:59	
45	19:45:00	Lloyd Morgan	Cardiff Ajax CC	V	00:20:57	
46	19:46:00	Neale Lewis	Acme Whs (Rhondda) CC	V	00:22:10	
47	19:47:00	Andrew Hayward	Cwmcarn Paragon Cycling Club	V	00:23:00	
48	19:48:00	Kari Jones	VeloSistas TT Team	SW	00:24:00	
49	19:49:00	Kyle Jones	Maindy Flyers Youth Cycling	Juv		
50	19:50:00	Chris Massey	Team Bottrill / HSS Hire	V	00:20:00	
51	19:51:00	Karl Wills	Pontypool Road Cycling Club	V	00:21:26	
52	19:52:00	Susan Shook	Bush Healthcare CRT	VW	00:22:32	
53	19:53:00	Clare Greenwood	Bush Healthcare CRT	VW	00:23:20	



Num	Start	Name	Club	Cat	LTS	Time
54	19:54:00	Alec Morris	Acme Whs (Rhondda) CC	J	00:24:46	
55	19:55:00	Paul Hayward	Cwmcarn Paragon Cycle Club	V	00:20:50	
56	19:56:00	Dean Ware	Merthyr CC	S	00:21:13	
57	19:57:00	Leon Evans	Cardiff Ajax CC	V	00:22:49	
58	19:58:00	Roger Wood	Pontypool Road Cycling Club	V	00:23:46	
59	19:59:00	Helen Priest	Cardiff Ajax CC	VW		
60	20:00:00	Ioan Smallwood	Cardiff Ajax CC	S	00:19:40	
61	20:01:00	Ross Phillips	Cwmcarn Paragon Cycle Club	S		

Welcome everyone to the first of Cwmcarn's two Open Time Trials for 2017. The 10/16A is our club course and has recently produced some fast times – with a 20:01 set just this week, and a 19:41 a couple of weeks ago.

Course R10/16A:

Start at lamp standard IF21 at southern end of layby 0.4 miles north of Abercarn on A467. Proceed southbound, taking 2nd exit at roundabout to continue on A467 to Wattsville roundabout and take exit onto dual carriageway (A467). Proceed on dual carriageway to Risca roundabout (**TURN 5.16 miles**).

Turn by circling the roundabout (U Turn) to continue on dual carriageway northbound to Wattsville roundabout. Take 3rd exit signposted Abercarn to continue on A467 single carriageway to take 2nd exit at roundabout to continue to Abercarn. Bear left (WITH GREAT CARE) onto unclassified road (2nd entrance signed to Prince of Wales Industrial Estate) and in 200 yards

FINISH at light standard IF463 on left opposite entrance to Bridge Street (cul-de-sac) on right. 10 miles.

There are double white lines at the start. Any rider turning in the road at this point WILL BE DISQUALIFIED. Please continue for 220m past the start area to turn at roundabout and retrace

We couldn't put the event on without the help of a loyal crew of club members (and others). So a big thank you to: Robin and Len, the timekeepers. Grace Jones, Lynda Carpenter, Mike Cheung, Mark Holifield, Mike Roberts, Colin Barry, Andrew Guthrie, John Hatfield, Andy Butcher, Bryan Jones, Percy Hillier, Warren King, Tony Fidow, Andy Gibbs and many more.



Prize List

Fastest	£30	Fastest Team of 3	£10 each
2nd	£20		
3rd	£10		
Fastest Lady	£20	Fastest Vet 50 years or older	£20

(one rider, one prize, except team)

Notes to Riders:

- Please be considerate when you park around the headquarters – there are double yellow lines on the road opposite, but spaces further along the road and in the mouth of Forest Drive. It is also usually possible to park on the grass opposite the clubhouse. Please **DO NOT PARK** in the layby at the start area or block the cul de sac alongside the club. Please note that there is another event on at the Scout Hut, the 'usual' HQ for this course – so please don't expect to be able to park there.
- All riders **must** sign on in Race HQ prior to collecting their numbers
- It is just over 2.1 miles ride from the HQ area to the start, and approx 1.3 miles from finish back to HQ.
- CTT and the organisers strongly recommend the use of an approved safety helmet. Such helmets are compulsory for all riders under the age of 18
- If you enjoyed the course – or didn't, but want another go anyway, all are welcome at our weekly club TT's. Every Thursday til the end of August. Signing-on from 6 to 6.30 sharp at the clubhouse
- Our next Open TT is on the 12th August, on the R25/7. Enter online at cyclingtimetrials.org.uk or 25milet@cwmcarnparagon.com for further details.
- Any complaints or queries to be addressed to the event secretary within 24 hours